

Modifiable Risk Factors	Non-modifiable Risk Factors
High blood pressure <ul style="list-style-type: none"> • Low sodium diet • Medication compliance 	Age and Sex <ul style="list-style-type: none"> • Women and men are both equally at risk • Women have the risk as they age and men have it younger
Obesity <ul style="list-style-type: none"> • Exercise • Nutritional diet 	Race <ul style="list-style-type: none"> • Non-white people are more at risk • African Americans are the most at risk
Psychosocial Stress <ul style="list-style-type: none"> • Therapy • Work schedule, rest periods 	Genetics and family history <ul style="list-style-type: none"> • Genetics can play a small role • Grandparents, parents history of heart disease puts you at a higher risk
Type 2 Diabetes <ul style="list-style-type: none"> • Exercise • Nutritional diet 	Environmental <ul style="list-style-type: none"> • Places to go for nutritious food • Insurance for low-income people
Alcohol Consumption <ul style="list-style-type: none"> • What would be normal consumption of alcohol • Staying sober 	
High Cholesterol <ul style="list-style-type: none"> • Eat less saturated and trans fat in diet • Medication compliance 	